

Protect your CHILDREN:

Avoid Lead Dust and Chipping Paint

Lead can be in paint. If that paint is chipping or creating dust, your child could be poisoned by lead.

- ◆ Keep your children away from chipping paint. Move heavy furniture in front of areas with chipping paint, or cover it with contact paper or duct tape.
- ◆ When you see dust in your home, clean dusty areas with a wet mop or cloth, including window sills and doors. Even if you don't see dust, you should clean at least once a month.
- ◆ Pick up loose paint chips and throw them away. Never vacuum paint chips.
- ◆ Wash your children's toys and hands often with warm soapy water.
- ◆ Don't let your children chew on painted surfaces, such as crib rails or window sills. Give them teething toys to chew on.



Avoid Lead in Your Yard

The dirt in your yard may have lead in it from paint from the outside of your house or your neighbor's house.

- ◆ Keep your children out of the dirt by planting grass or by placing a covered sandbox in your yard.
- ◆ Have your children play in grassy areas or on cement to keep them out of the dirt.
- ◆ Always wash your children's hands after they play outside.
- ◆ Plant vegetable gardens at least three feet from the outside walls of your house to avoid getting paint chips in your garden.

Give Your Children Healthy Foods

Children need many different foods, including fruits, vegetables, milk, cheese, meat, and fish. These foods contain **iron**, **vitamin C** and **calcium**, which may help protect your children from lead poisoning.

- ◆ Give your children 3 meals and 1 or 2 low fat snacks a day. When your child's stomach has some food in it, your child's body absorbs less lead.



Remove Lead from Work Clothes and Shoes

If you work in painting or renovating houses, construction, soldering, welding or autobody work you can bring lead dust home on your work clothes and shoes.

- ◆ Keep your work clothes away from the rest of the family's laundry and wash your clothes separately.

Maintain Your Property in a Clean and Sanitary Condition

Owners of rental property must comply with the Lead Hazard Mitigation Law. Tenants and property owners can learn more about their rights and responsibilities under this law. Visit www.hrc.ri.gov or call 1-800-942-7434.

MAKE HEART PART OF YOUR FAMILY
RHODE ISLAND DEPARTMENT OF HEALTH

Health Information Line
1-800-942-7434

KNOW THE FACTS

How Do I Know if My Child is Lead Poisoned?

The only way to know if your child is lead poisoned is to have your child tested. Ask your doctor about getting a lead test for your child at your next visit. After your child has been tested, ask your doctor about the test results and what you should do.

Who Should Be Tested for Lead Poisoning?

- ◆ Rhode Island law states that all children younger than six years of age must be tested once a year.
- ◆ Anyone who works with lead or around lead may need to be tested for lead poisoning.
- ◆ Adults and children living in a house where paint is being removed may need a lead test.

Talk to your doctor about a lead test for you and your children.

What Happens if My Child Has Lead Poisoning?

Lead poisoning can be treated. If your child is lead poisoned, your doctor will talk to you about the help that is available for you and your child.



Health
Information Line
1-800-942-7434

www.health.ri.gov/lead

LEAD POISONING
DANGER IN EVERY CORNER

MAKE HEALTH PART OF YOUR FAMILY
RHODE ISLAND DEPARTMENT OF HEALTH

Prevent Lead Poisoning:

What is Lead Poisoning?

When lead gets into the body it is poison and harms people. Even a small amount of lead can have a negative effect on a child's development and can cause serious health problems. The health effects include learning disabilities, loss of IQ points and reduced attention span.

Who Can Get Lead Poisoned?

Anyone can get lead poisoned. Lead poisoning is most dangerous for children younger than six because they are still developing and because they put their hands, toys, and other things in their mouths. Any of these objects could have lead dust on them. If children put objects with lead dust in their mouths, they can become lead poisoned.

Lead In and Around My House. Where is it?

Lead is a metal that has many uses. Lead can be found in many places in your home such as:

- ◆ Peeling and chipping paint
- ◆ Dust from lead paint
- ◆ Soil and dirt in your yard
- ◆ Tap water from lead pipes
- ◆ Pottery, crystal and ceramic dishes

